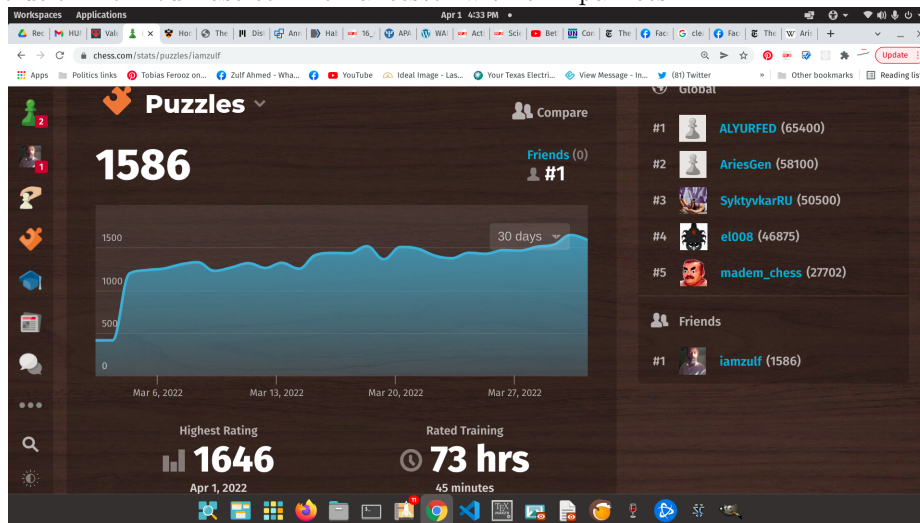


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RUMINATES ON MOTIVATED HABITUATION

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The imprinting of *procdural memory* in the *intuitive sphere* is the process of forming not only bad habits but also of good habits and all habits including habits of moral virtues. In fact, things that human beings make intuitive by habituation are some of the most central issues of *realised human behaviour* whose rich complexity does not even have any inventory that can be trusted reliably for eight billion people. They includes habits of feelings and thoughts that are quite vast.

I have been promoting the idea that motivated habituation is the major factor over and above instincts that are available from eight million years of human evolution from our last common ancestor with chimpanzees.



My rating goes down to 1586 for puzzles, which is reasonable as I have challenges in the 1550-1650 level that will take some weeks to resolve.

I am not really interested in highlighting the chess absolute level of skill but rather that the habit system and the *intuitive sphere* takes many repetitions to improve the skill by power law.

What is really exciting about this *intuitive sphere* is that this, in my view, is the central core of universal human psychology and it develops with repetitions. This intuitive sphere is the most important part of human psyche, as we do have the ability to think with effort of cognitive faculties, and we do react to affect and emotions, and we do have instincts that are unalterable granted by nature, i.e. as evolutionary adaptations that operate in the *hypothalamus* which is lower in the

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brain than basal ganglia and pitumen. But what is most familiar to us are the encodings that we develop by repetition that gives us stability in our behaviour, in our habits of thought and feeling, and drive our lives.

William James in 1890 did note the importance of habits but until the work in neuroscience by Ann M. Greybier and her colleagues in 1999 and later, there was no clear certainty regarding some of the biological processes that allow *procedural memories* to be encoded in biological machinery of basal ganglia and pitumen. The mechanism of this lower level description of the *intuitive sphere* does not give us quite the expansive phenomena of universal human behaviour affected by it, but I estimate that 96% of all human behaviour is strongly influenced by the habit machinery and that, for this reason, it is worthwhile reworking all of Universal Human Psychology with this circuit's functioning in realised human psychology as foundational, more important than instincts and pure cognitive functions in influencing human psychological lives.

1. WHAT IS MOST CRUCIAL IN PSYCHOLOGY OF HUMANS?

We want to find simplifications. We want answers to subtle questions. Socrates taught us that man's special place in existence follows from our faculty of Reason. I was examining *Descartes' Error* of Antonio Damasio, the famous neuroscientist. And he argues that not Reason but Passions are the true core of our being. I will make this game a bit more subtle.

You see, with such a complex interconnected thing as the human psyche, and its relation to the human brain, it is difficult obviously to be sure of the *right answer*. I am definitely compelled by reasoning that I had followed myself, that when it comes to basic personality of people, the seven emotion systems delineated by Panksepp are quite fundamental. Davis-Panksepp's *The Emotional Foundations of Personality* give a compelling account of how the emotional foundations and expression provides the basis for our unique *personality*.

But I am telling you something else, that the habit system is the core of human psychology. How do I make sense of this. I would do this as follows. I the heart pumps blood whose operations are needed for continued life. So it's central to life. But we assume that this is a low-level operation and do not consider this as central to our psychological center. We assume its proper functioning when addressing issues of psychological core because it is necessary for living and too low level. Emotional levels are, for me similar to the operation of the heart. Total emotions I have modeled as a mapping

$$e : \mathbf{R} \rightarrow E = \mathbf{R}^7$$

for a person. The signal at time $t \in \mathbf{R}$ provides total emotion level $e(t) \in E$. This is to me like heartbeat, as what we call 'emotion' are really transient phase transitions that are large changes to $e(t)$ and that is arbitrary in a way.

So when I say habit circuit is the core of universal human psychology, it assumes that emotions are already in the background as lower level input. Habit circuits are higher levels than pure emotional output, and integrate sequences of various lower level input, including some cognition, some emotions, some instincts, and then provide 'almost automatic behaviour' in a particular level in the hierarchy of human psychology.

2. INTUITIVE HABITS ARE LITERALLY 96% DRIVER OF ALL HUMAN BEHAVIOUR

My estimate of 96% of intuitive habits comes from 2002 work of Wendy Wood and colleagues. The habit circuit or as I have named it *intuitive sphere* is basal ganglia, pitumen, and these circuits are predominant in driving human activity in more profound sense than purpose drive of neocortex. They are so powerful in driving human behaviour that we are more habitual beings than rational purpose-driven beings.

Habits in Wendy Wood's viewpoint is without thought but I consider thoughts to have the same process of habituation as well.

With the wider definition of intuitive habits we see the core of universal human psychology.

3. POSTER FOR INTUITIVE REVOLUTION

In the 1960s we had the Cognitive Revolution in Psychology. It was necessary as a correction to Radical Behaviourism. Then there was a semi-revolution for Affect in 1980s that continued. Now I am introducing the world to the Intuitive Revolution in Psychology.



As a veteran Scientific Revolutionary in physics with my Four-Sphere Theory, I am quite able to see that *Intuitive Revolution* is both substantial and necessary to establishe Psychology as a mature Natural Science.

4. REPORT OF EXCRUCIATING PHYSICAL PAIN FROM BILL GATES CONSIDERS

I am having excruciating physical pains without any physical ailment. These I explain by horrific White Racial Powers and US War Powers and European Black Magic and other illegitimate powers that Bill Gates has been using for more than four decades against innocent Americans.

I want this vile villain to be destroyed physically by United States Government and his Evil Empire destroyed as well. I am getting mighty sick and tired of

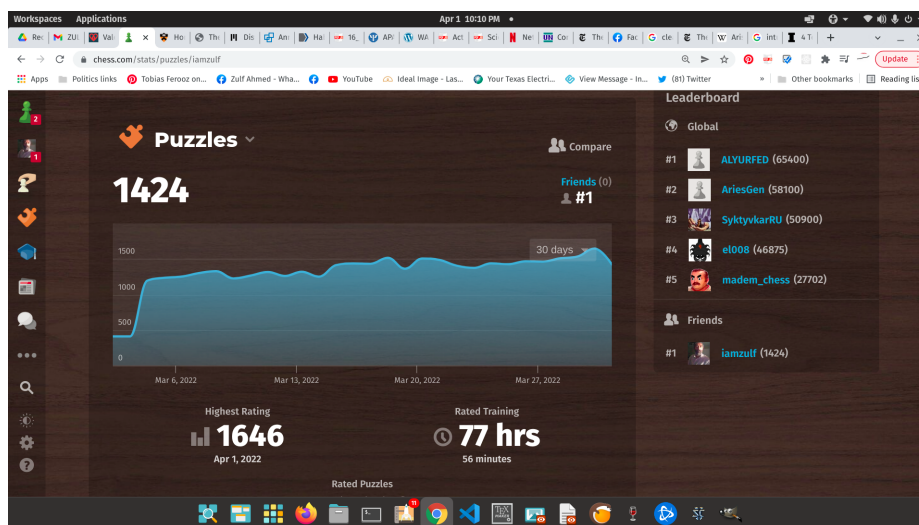
Harvard Board's craven capitulation to this extremely evil savage barbaric brutal war criminal and not forwarding me my tenure offer and funding to pacify him.

5. HOW DOES THIS HAPPEN EXACTLY?

How does someone who is a Princeton graduate with material for not one but two scientific revolutions, who constantly tells Harvard, Stanford, Oxford and Cambridge about his legitimate work in 2022 get sabotaged by a charlatan genocidal white racial abomination named *Bill Gates*? How is this even possible that I have not even gotten acknowledgement from HSOC yet congratulating me for Four-Sphere Theory, not getting \$620 million owed to me from Finance? How does this even happen in this moment in history.

Better fix this immediately or I will be quite angry and displeased. I am watching *Blade Runner 2049* and I cannot imagine a more dystopian situation than this. How do you sleep at night with all this, Harvard Board and United States Government officials? It does not bother you, huh?

6. THE HUGE DRAWDOWN TO 1424



I just had a dreadful drawdown to 1424 in chess rating. I am not too worried as I expect that I will find equilibrium in the end around 1650. What is important to understand is that chess rating volatility is indicative of the fluctuations around the power law for many other sorts of skills.

7. THE HORROR OF BILL GATES IS MUCH WORSE THAN BLADE RUNNER

You see, the thriller and emotional poignancy of *Blade Runner* relies on a pulling of the string of human compassion that says even robotic life is precious, and there is a chill from the soul-less killer Blade Runner who kills non-human robots. Bill Gates is much more demented and deranged than this. He literally wants to create a dystopian world where white people have all sorts of rights to kill and destroy non-white *human beings* with impunity. And he is pushing to destroy my life in order to establish the principle. The lack of action by United States Government in this case clearly signals to the world, and to 4.5 billion Asians who do not want

this sort of horror be supported by United States Government, that the United States Government can never be trusted at all, for there is no principle that they follow, that even the Preamble of United States Declaration of Independence is totally rhetorical meaningless drivel to them. They would allow these sorts of vile deceptive horrible abominations like *Bill Gates* to do as they please.

8. WEAKNESS OF REASON IN HUMAN BEINGS

I will not make a strong well-founded thesis in this section. Instead, I will follow along Antonio Damasio's thinking about human reasoning from *Descartes' Error* Chapter Five, "Assembling The Explanation". This is not a minor point the challenge that I will pose. And then I will provide a rough resolution.

I will not be aiming to compel the disbelievers of my theses here. Instead I am doing this exercise to produce a new hypothesis. I believe that Reason plays not just a minor role in human intellectual life as it pertains to living life but that in fact Reason needs to be cultivated. I point to work of Daniel Kahneman and Dan Ariely and others for various irrationalities of human thought.

Instead I will point at an analogy with chess. You see, if human beings were purely rational, everyone would have a high rating in chess. But in fact, we are not, and so we have various levels of handling the 10^{120} positions in chess by learning various intuitions by practice.

Antonio Damasio's model of human reasoning is this:

"Reaching a decision about the typical personal problem posed in a social environment which is complex and whose outcome is uncertain requires both broad-based knowledge and reasoning strategies to operate on this knowledge."

And Antonio Damasio then goes on to provide some sense of human reasoning from this sort of idea of rational decision-making. I don't think that the broad picture is right about how the human decision-making works. This is how the computer might do it with AI algorithms; this has some mild resemblance to human decision-making but it is not the right model for human beings. What do I mean?

We consider how we human beings play chess versus how computers do it. We practice a lot and gain habituation with chess skills after a lot of practice, and then we make decisions to move based on intuition developed through practice. We don't analyse 10^{120} possible positions and do any exhausting reasoning. I claim that we do all decision-making by a sort of 10% rigorous thinking and 90% intuition.

9. HARVARD-STANFORD-OXFORD-CAMBRIDGE I NEED OFFER OF TENURE AND FUNDING

I have been asking Harvard-Stanford-Oxford-Cambridge to provide me with tenure offer and funding for many many months now. I proved myself with Stanford Mathematics Ph.D. Qual exams in the dozens in Analysis. Then I provided you with great and valid movements in Science.

Do you think I am just guessing about Reason in human beings? I have several textbooks on *evolution of Rationality* in human beings, and I can assure you that actual human beings do not find Reason to be natural. Actual human beings require a great deal of practice in Reason before we feel comfortable with Reason and reasoning. And the chess analogy holds. This is a very deep issue, and I know that my Intuitive Revolution will produce infinitely better natural science of Man

once we begin to appreciate how our basal ganglia and pitumen-centered habit circuitry is important for our de facto reasoning in life.

Why don't you make like a tree, and give me a tenure offer and give me good funding to continue my work of heartbreaking genius, huh?